



# U.S. Army War College Military Family Program

## Directory of Services and Resources

This booklet contains links to assistance  
Web sites found on our Web site.

These links provide information for all services  
and ranks in the active military and reserves.

United States Army War College  
Department of Command, Leadership, and Management  
122 Forbes Avenue, Carlisle, Pennsylvania 17013

# US Army War College Military Family Program Directory of Services and Resources

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# US Army War College Military Family Program

## Directory of Services and Resources

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This Document contains links to assistance web sites found on our [web site](#). Due to frequent website updates, the site addresses below are subject to change without notice.

## Contents

- One Stop Web Sites
- Military Spouse Web Sites
- Military Family Related Sites
- Travel and Vacation Sites
- Search Web Sites
- Military Spouse Training
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- Maps and Travel Information
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## One Stop Information Sites

### [Military One Source](#)

"<http://www.militaryonesource.com/>"

Military OneSource is designed to help you deal with life's issues. Our consultants are available 24 hours a day, 7 days a week, and 365 days a year. You can call in and speak to a master's level consultant or you can go online to access information or email a consultant. (Statement Source: Military One-Source)

### [Defense Link](#)

<http://www.defenselink.mil/>

This DOD Web Sites is DefenseLINK's portal to the Department of Defense on the World Wide Web.

### [Military.com](#)

href="<http://www.military.com>"

Military.com is the largest online military destination, offering free resources to serve, connect, and inform the 30 million Americans with military affinity, including active duty, reservists, guard members, retirees, veterans, family members, defense workers and those considering military careers. (Statement Source: military.com)

## Military Spouse

### [Customs and Courtesies](#)

[http://www.carlisle.army.mil/usawc/dclm/customs and courtesies embedded.ppt](http://www.carlisle.army.mil/usawc/dclm/customs%20and%20courtesies%20embedded.ppt)

This is a PowerPoint presentation on the customs and courtesies of the military.

### [Welcome to the Army Family](#)

<http://www.carlisle.army.mil/usawc/dclm/welcometothearmyfamily1.pdf>

This publication is designed to introduce you to some of the information you will need to help you and your family adjust to the Army way of life, make you more self-reliant, and provide general information on how to take advantage of the excellent opportunities the Army has to offer.

### [New Spouse Checklist](#)

[http://www.carlisle.army.mil/usawc/dclm/new spouse checklist.pdf](http://www.carlisle.army.mil/usawc/dclm/new%20spouse%20checklist.pdf)

This is a comprehensive checklist for new military spouses from the Military One Source web site.

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## [Jenny Comic Strip](#)

<http://jennyspouse.com/index.html>

The Jenny Comic Strip - By Julie L. Negron - The only comic strip featuring the life of a military spouse. (As seen in the Stars and Strips Sunday edition)

## [The Heart Link Program](#)

<http://www.acc.af.mil/news/story.asp?id=123019123>

Created by the Air Combat Command Family Matters program in 2002, and now available Air Force-wide, the free program called Heart Link is offered once per quarter to help spouses gain a better understanding of the Air Force and their base through guest speakers, interactive segments, giveaways and briefings.

## [Army Wives Web Site](#)

<http://www.armywives.com>

A website designed as a place where you can go for inspiration and to answer questions that you may have about the Army. It is truly a wives resource.

## [Military Widow - A Survival Guide](#)

<http://67.118.51.201/bol/bookdisplay.cfm?BookNum=49761>

This web site provides information on the book "Military Widow, A survival Guide."

## [Marine Wives 101 Web Site](#)

<http://www.marinewives101.com/>

This web site contains information about and for Marine Wives.

## [Military Spouse](#)

<http://www.milspouse.org>

MilSpouse.org is your resource library for military spouse employment, education and relocation information. Here you will find thousands of links to employment related information and other resources for military spouses and military families (Statement Source: Militaryspouse.org).

## [Military Moms Network](#)

<http://www.militarymoms.net/>

The Military Moms Network with links to support facilities and job opportunities.

## [Military Spouses Career Network](#)

<http://www.mscn.org>

Department of Defense figures indicate that over 65% of all military spouses work, and that 80-91% would like to work, if only they could find appropriate employment opportunities.

## [Military Spouse Newsletter](#)

<http://www.milspouse.org/newsletter/>

The MilSpouse.org e-Newsletter provides updates on news and resources for military spouses and those who work with military spouses

## [Spouse Career Center](#)

<http://www.military.com/spouse>

A new Military Spouse Career Center commissioned by the Department of Defense Office of Military Community and Family Policy launched at [www.Military.com/spouse](http://www.Military.com/spouse).

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## [Joint Senior Spouse Programs](#)

<http://www.carlisle.army.mil/usawc/dclm/joint.htm>

Joint Navy, Marines, Air Force, programs for senior spouses.

## Military Spouse Training

### [Command Team Seminar](#)

<http://www.cgsc.army.mil/scp/download/CTSCRS.DOC>

This document contains the Command Team Seminar class description for battalion and brigade commander's spouses.

### [The Company Commanders Spouse Battle Book](#)

<http://www.carlisle.army.mil/usawc/dclm/Commanders Spouse Book.doc>

The Company Commanders Spouse Battle Book - A Resource for the Company Commander's Spouse/Representative

### [Our Hero Book](#)

[http://www.carlisle.army.mil/usawc/dclm/hero book \(2\).doc](http://www.carlisle.army.mil/usawc/dclm/hero book (2).doc)

Each year at the United States Army War College (USAWC) spouses of students complete a class project done with the ageless spirit of spouses supporting one another.

### [The Leaders Guide to Trauma in the Unit](#)

<http://www.carlisle.army.mil/usawc/dclm/docs/traumapdf.pdf>

The Leaders Guide to Trauma in the Unit is an excellent resource for all leaders that helps them to focus on the vital issues that accompany grief or trauma in an organization. - (Statement by David H. Hontoon, Jr., Major General, Commandant, U.S. Army War College).

### [The Spouse Battle Book 2005](#)

[http://www.carlisle.army.mil/usawc/dclm/Batbook\\_05.doc](http://www.carlisle.army.mil/usawc/dclm/Batbook_05.doc)

The Spouses of the U.S. Army War College Class of 2005 have compiled a booklet meant to enhance their lives and those who will follow them in the role of "Military Spouse." This booklet was made user friendly as much as possible.

### [Red / Green - Which Phase Next?](#)

<http://www.carlisle.army.mil/usawc/dclm/pdf/AY02SpouseGuidebkForTrainingCmds.pdf>

Red Phase -- Green Phase -- Which Phase Next? - As you probably realized from the title of this book, it is a resource for the IET (Initial Entry Training) Battalion Commanders spouse/representative. An opportunity to serve in a training battalion is a great experience.

### [Spouse Guide To BSB and Garrison Cmds](#)

<http://www.carlisle.army.mil/usawc/dclm/pdf/AY02SpouseGuideToGarrisonCmds2.pdf>

Base Support and Garrison Commands are among the newest types of commands within the Army. Therefore, although some training materials are beginning to emerge, a number of commanders and spouses have agreed that they learned about the role the hard way; that is, when they were in it.

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## [Choices and Challenges](#)

**<http://www.carlisle.army.mil/usawc/dclm/pdf/ChoicesandChallenges.pdf>**

Choices and Challenges - A Guide for the Battalion Commanders Spouse is an excellent guide for the Battalion Command Team. Although addressed to the commander's spouse, it offers the wisdom from successful command tours and should be read by both the perspective commander and his/her spouse.

## [The Leader's Link](#)

**<http://www.carlisle.army.mil/usawc/dclm/pdf/LeadersLink.pdf>**

A partnership exists between the Army and Army families. The Army's unique missions, concept of service, and lifestyle of its members -- all affect the nature of this partnership.

## [Resource Guide: Community Assistance](#)

**[http://www.carlisle.army.mil/usawc/dclm/href="resource.doc"](http://www.carlisle.army.mil/usawc/dclm/href=)**

A Resource guide to community assistance.

## [FSG Handbook](#)

**<http://www.carlisle.army.mil/usawc/dclm/fsgbook.doc>**

A copy of the Family Support Group (FSG) Leader Handbook.

## [Deployment Survival Handbook](#)

**<http://www.carlisle.army.mil/usawc/dclm/Soldier Family Dep Survival Hndbk.pdf>**

Commanders of deploying units discovered that while their units were highly trained to fight, little if anything was done to train and prepare families to better cope with the stresses and unique problems that often arise during extended and oftentimes unexpected deployment of their spouses. (Statement Source: Deployment Survival Handbook)

## [Family Team Building Handbook](#)

**<http://www.carlisle.army.mil/usawc/dclm/MFTB-AFTB Handbook.pdf>**

This handbook has been developed to assist you and your family in preparing for deployment, unaccompanied tours and extended temporary duty."

## General Family Web Sites

### [AR 608-1 Appendix J](#)

**<http://www.carlisle.army.mil/usawc/dclm/AR 608-1 Appendix J - AFRG.pdf>**

The Army releases new Regulation on Family Readiness Group Operations.

### [MTOM for Kids](#)

**[http://www.defenselink.mil/mtom/index\\_k.htm](http://www.defenselink.mil/mtom/index_k.htm)**

MTOM for Kids was developed by military kids, for military kids with real stories and good advice. (Statement Source: MTOM for Kids).

### [Military.com](#)

**<http://www.military.com>**

Military.com is the largest online military destination, offering free resources to serve, connect, and inform the 30 million Americans with military affinity, including active duty, reservists, guard



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members, retirees, veterans, family members, defense workers and those considering military careers. (Statement Source: Military.com)

### [Military Report.com](http://www.militaryreport.com)

<http://www.militaryreport.com>

Every week Military Report.com gives you the latest news and information covering all the changes affecting the military community. (Statement Source: Military Report.com)

### [National Military Family Association](http://www.nmfa.org/site/PageServer)

<http://www.nmfa.org/site/PageServer>

To educate military families about their rights, benefits and services available to them and to inform them regarding the issues that affect their lives and to promote and protect the interests of military families by influencing the development and implementation of legislation and policies affecting them. (Statement Source: National Military Family Association)

### [Army Family Team Building \(AFTB\)](http://www.AFTB.org)

<http://www.AFTB.org>

Learn about the Army and Army support information through free online classes.

### [AFTB Courses On-Line](http://www.defensewebsite.com/aftb)

<http://www.defensewebsite.com/aftb>

A listing of Army Family Team Building (AFTB) courses available on-line.

### [Military Assistance Program Website](http://www.dod.mil/mapsite/)

<http://www.dod.mil/mapsite/>

The Military Assistance Program (MAP) web site provides information and interactive resources for assisting in relocations, money management, and job searching at a new location.

### [Military Living Magazine](http://www.militaryliving.com/)

<http://www.militaryliving.com/>

This site features publications such as travel guides, hotel information, Etc.

### [Parents Helping Parents](http://www.parentshelpingparents.org/)

<http://www.parentshelpingparents.org/>

Since 1972, when the organization was founded as Parents Anonymous Organization of Massachusetts, Parents Helping Parents (PHP) has offered hope and support to thousands parents. (Statement Source: Parents helping parents).

### [Army Families On-Line](http://www.wblo.org/skins/WBLO/home.aspx?AllowSSL=true)

<http://www.wblo.org/skins/WBLO/home.aspx?AllowSSL=true>

This web site is sponsored by - The Well-Being Liaison Office (WBLO) who assists the Army Leadership with its constituent communities - Soldiers (Active-Duty, National Guard and Army Reserve), Civilians, Retirees, Veterans and their Family members - to ensure the effective delivery of Well-Being programs to the Army by providing focused representation of constituent interests and attitudes as they relate to Well-Being.

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### [Tragedy Assistance Program](#)

<http://www.taps.org>

The Tragedy Assistance Program for Survivors is a wonderful story of courage and commitment. When an untimely and tragic event occurs and a service member is lost, the work of TAPS bears quiet testimony that even deep in the pain and tragedy of the loss, members of the military family are ready to step forward, to help shoulder a burden and to help the grieving cope and heal. (Statement Source: TAPS.org)

### [Armed Forces YMCA](#)

<http://www.asymca.org>

The Armed Services YMCA (ASYMCA), a non-profit 501(c)(3) organization, is a national member association of the YMCA of the USA and works with the Department of Defense.

### [Administration for Child and Families](#)

<http://www.acf.hhs.gov/programs/cse/>

Welcome to the Federal Office of Child Support Enforcement Home Page.

### [NYU Child Study Center](#)

<http://www.aboutourkids.org/>

The NYU Child Study Center offers science-based, research-driven psychiatric care to children and adolescents with learning, behavior and emotional disorders (Statement Source: NYU Child Study Center)

### [Lifelines Quality of Life Web Site](#)

<http://lifelines2000.org/>

The LIFELines Services Network (LSN) focus' on the delivery of Quality of Life information and services to Active and Reserve Marines, Sailors, and family members. (Statement Source: Lifelines web site)

### [Military Kids Web Site](#)

<http://www.militarykidz.com>

A website for kids to have fun and learn in a fun military environment.

### [The Military Family Network](#)

<http://www.emilitary.org>

The Military Family Network brings together organizations on the national, state and local level, businesses, government agencies and military installations to help military families make their communities a home. (Statement Source: Military Family Network)

### [Military Taxes](#)

<http://www.military.com/Finance/Taxes/0,13397,82,00.html>

Several web links from Military.com containing information on preparing taxes for military personnel.

### [New Relief Act Provisions](#)

[http://www.carlisle.army.mil/usawc/dclm/New Relief Act Provisions.htm](http://www.carlisle.army.mil/usawc/dclm/New%20Relief%20Act%20Provisions.htm)

New Relief Act provisions Protect Service Members

By Sgt. 1st Class Doug Sample, USA , American Forces Press Service

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WASHINGTON, Jan. 7, 2004 – A new law replacing the Soldiers' and Sailors' Civil Relief Act of 1940 will provide military personnel -- especially those deployed or called to active duty -- greater protections to handle their personal financial and legal obligations, Defense Department officials said here.

### Family Education

#### [The College Board](http://www.collegeboard.com)

**<http://www.collegeboard.com>**

Each year, the College Board serves over three and a half million students and their parents, 23,000 high schools, and 3,500 colleges through major programs and services in college admissions, guidance, assessment, financial aid, enrollment, and teaching and learning (Statement Source: The College Board).

#### [FinAid \(College Financial Aid\)](http://www.fafsa.org)

**<http://www.fafsa.org>**

FinAid was established in the fall of 1994 as a public service. This award-winning site has grown into the most comprehensive annotated collection of information about student financial aid on the web (Statement Source: FinAid)

#### [Military Student](http://www.militarystudent.org)

**<http://www.militarystudent.org>**

Moving around the country and the world can be a very exciting and challenging life. You have the chance to meet new people and encounter new things. Sometimes being the new kid in school is scary, but remember that there are over 1.2 million kids of military parents that experience a similar lifestyle. (Statement Source: Military Student)

#### [Military Child in Transition and Deployment](http://www.militarystudent.dod.mil/ParentsToolkit_0406.pdf)

**[http://www.militarystudent.dod.mil/ParentsToolkit\\_0406.pdf](http://www.militarystudent.dod.mil/ParentsToolkit_0406.pdf)**

Quality education for their children is a major Quality of Life issue for military families. Frequent moves create challenges for the entire family – particularly in the area of education. This Toolkit for Military Parents is one of three Toolkits prepared by the Department of Defense to help parents, installation commanders, and school leaders make the education transition for military children as smooth as possible.

#### [Family Education Research Network](http://www.cyfernet.org)

**<http://www.cyfernet.org>**

A Link to Cyfernet offering practical research based information on education opportunities.

#### [Family Literacy Foundation](http://www.read2kids.org)

**<http://www.read2kids.org>**

Family Literacy Foundation's mission is to facilitate supportive relationships for children through families and friends reading aloud with them

#### [Military Child Education Coalition](http://www.militarychild.org)

**<http://www.militarychild.org>**

The Military Child Education Coalition (MCEC) is working to solve the challenge of helping schools and military installations deliver accurate, timely information to meet transitioning parent and student needs, and in the development and education of children from military families (Statement Source: Military Child Education Coalition)

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## [Federal Children's Scholarship Program](#)

<http://federalscholarship.org>

The Federal Children's Scholarship Fund was formed to help the children of federal employees and retirees, military personnel and veterans with need-based scholarships that assist in building successful college careers (Statement Source: Federal Children's Scholarship Program)

## [U.S. Department of Education](#)

<http://www.ed.gov/index.jhtml>

The U.S. Department of Education provides information on grants, financial aid, etc.

## [GI Bill Information](#)

<http://www.gibill.va.gov>

The U.S. Veterans Administration GI Bill Web Site with information on the GI Bill.

## [Military Education Channel](#)

<http://www.military.com/Careers/Education/1,,112.00.html>

Earning your Degree can advance your career? Whether you're on active duty or in the civilian workforce, earning a degree can help you get promoted in your current job or give you a needed edge in the job market. <statement Source: Military Education Channel)

## [Information for Financial Aid Professionals](#)

<http://ifap.ed.gov>

The IFAP On-line Library contains technical publications, regulations, and policy guidance on the administration of Federal Student Aid Programs.

## [The Military Coalition](#)

<http://www.themilitarycoalition.org>

The Military Coalition is a group of 35 military, veterans and uniformed services organizations in joint pursuit of maintaining a strong national defense provided by recruiting and retaining skilled and highly capable personnel in the seven uniformed services (Statement Source: The Military Coalition.org).

## [Military.Com Education Benefits](#)

<http://www.military.com/Careers/Education>

Education benefits for Military Service members

## [The Princeton Review](#)

<http://www.princetonreview.com>

Comprehensive guide to finding the college that is right for you. This web site includes the requirements for all accredited institutions in the country.

## [Scholarships for Military Children](#)

<http://www.militaryscholar.org/index.shtml>

The Scholarships for Military Children Program was created to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. (Statement Source: Scholarships for Military Children.org)

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## Military News

### [The Army Physical Fitness Research Institute](http://carlisle-www.army.mil/apfri)

<http://carlisle-www.army.mil/apfri>

The Army Physical Fitness Research Institute seeks to achieve national preeminence in age 40 and over health and fitness programming through research, education and outreach.

### [TRICARE Press Room](http://www.tricare.mil/pressroom/)

<http://www.tricare.mil/pressroom/>

A Website containing news and articles from the TRICARE web site.

### [TRICARE Evening News](http://www.tricare.osd.mil/eenews/index.cfm)

<http://www.tricare.osd.mil/eenews/index.cfm>

A Website containing news and articles from the TRICARE web site.

### [The Pentagon Channel](http://www.pentagonchannel.mil/)

<http://www.pentagonchannel.mil/>

### [The Army News Service](http://www4.army.mil/ocpa/news/index.html)

<http://www4.army.mil/ocpa/news/index.html>

### [The Navy News Stand](http://www.news.navy.mil/index.asp)

<http://www.news.navy.mil/index.asp>

### [Defense News](http://www.defensenews.com)

<http://www.defensenews.com>

### [The Army Times](http://www.armytimes.com/)

<http://www.armytimes.com/>

### [Coast Guard News](http://www.piersystem.com/external/index.cfm?cid=786)

<http://www.piersystem.com/external/index.cfm?cid=786>

### [The Stars and Stripes Newspaper](http://estripes.osd.mil/)

<http://estripes.osd.mil/>

### [American Forces News Service \(AFIS\)](http://www.carlisle.army.mil/redirect.cfm?url=http://www.defenselink.mil/news/articles.html)

<http://www.carlisle.army.mil/redirect.cfm?url=http://www.defenselink.mil/news/articles.html>

### [Military Homefront](http://www.carlisle.army.mil/usawc/dclm/milfam.htm)

<http://www.carlisle.army.mil/usawc/dclm/milfam.htm>

### [Military Report .Com](http://www.militaryreport.com/)

<http://www.militaryreport.com/>

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## [AUSA Newsletter](http://www.ausa.org/webpub/DeptFamilyPrograms.nsf/)

<http://www.ausa.org/webpub/DeptFamilyPrograms.nsf/>

## [The National Military Family Association Newsletter](http://www.nmfa.org/site/PageServer?pagename=newsletters)

<http://www.nmfa.org/site/PageServer?pagename=newsletters>

## [FLO Notes](http://www.wblo.org/skins/WBLO/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=95feafd9-2f18-440a-80bc-4bd0a2022486)

[http://www.wblo.org/skins/WBLO/display.aspx?Action=display\\_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=95feafd9-2f18-440a-80bc-4bd0a2022486](http://www.wblo.org/skins/WBLO/display.aspx?Action=display_page&mode=User&ModuleID=8cde2e88-3052-448c-893d-d0b4b14b31c4&ObjectID=95feafd9-2f18-440a-80bc-4bd0a2022486)

## Travel and Vacation Web Sites

### [Armed Forces Vacation Club](http://www.afvclub.com/)

<http://www.afvclub.com/>

This web site provides information about worldwide condo rentals for military members at a reduced rate. Currently, the rate is \$264 a week.

### [ARMY MWR Travel Tips](http://www.armymwr.com/portal/travel/travelresources)

<http://www.armymwr.com/portal/travel/travelresources>

Army MWR links to many different travel opportunities to include Shades of Green Orlando, FL and Army Lodging.

### [Army lodging directory](http://www.carlisle.army.mil/dclm/worldwidedirectory2.pdf)

<http://www.carlisle.army.mil/dclm/worldwidedirectory2.pdf>

This file provides a world-wide listing of available Army lodging.

### [National Parks](http://www.nps.gov)

<http://www.nps.gov>

This website and the information it contains are provided as a public service by the National Park Service (NPS), U.S. Department of the Interior.

## Maps and Travel Information

### [Military Living](http://www.militaryliving.com/)

<http://www.militaryliving.com/>

A web site featuring information on Space-A flights, military road maps, travel guides, and a Space-A sign-up board.

### [Expedia](http://www.expedia.com)

<http://www.expedia.com>

### [Lonely Planet](http://www.lonelyplanet.com)

<http://www.lonelyplanet.com>

### [Map quest](http://www.mapquest.com)

<http://www.mapquest.com>

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## [Orbitz](http://www.orbitz.com)

<http://www.orbitz.com>

## [Priceline](http://www.priceline.com)

<http://www.priceline.com>

## [Rand McNally](http://www.randmcnally.com)

<http://www.randmcnally.com>

## [Travelocity](http://www.travelocity.com)

<http://www.travelocity.com>

## [Yahoo Maps](http://maps.yahoo.com)

<http://maps.yahoo.com>

## Search Engines

### [How to Search the Web](http://www.pandia.com/goalgetter/)

<http://www.pandia.com/goalgetter/>

This web site offers a tutorial about search engines on the Internet by the Pandia Goalgetter.

### [All-The-Web](http://www.alltheweb.com)

<http://www.alltheweb.com>

All The Web - One of the largest and fastest indexes. Offer indexes on multimedia and mobile or wireless.

### [Yahoo.com](http://www.yahoo.com)

<http://www.yahoo.com>

This search web site is one of the Web's most popular search engines. Yahoo is also one of the oldest search sites on the Web. Yahoo was launched in 1994.

### [Netscape Search](http://search.netscape.com)

<http://search.netscape.com>

Netscape Search - This site uses Open Directory and their own "Smart Browsing" database. Also features a quick launch browse Directory.

### [Google.com](http://www.google.com)

<http://www.google.com>

Google is perhaps the largest and best search engine on the Web. Google is capable of searching 1,247,340,000 web pages. Google Uses link analysis as a primary way to rank pages. [Basic Search Tips](#) [Advanced Searches](#)

### [Alta Vista.com](http://www.altavista.com)

<http://www.altavista.com/>

Alt Vista is one of the largest and most comprehensive search engines. Alta Vista searches the entire HTML file. This search engine is also one of the oldest crawler-based search engines on the web. [Basic Search Tips](#)

# US Army War College Military Family Program

## Directory of Family Related Services

Last Updated 10 January 2007

### [First Gov](http://www.firstgov.gov/)

<http://www.firstgov.gov/>

With First Gov you can search on personal, business, and Government services provided by the Federal government.

### [Ask Jeeves](http://www.askjeeves.com)

<http://www.askjeeves.com>

Ask Jeeves is a human-powered search service that aims to direct you to the exact page that answers your question.

### [Open Directory](http://search.dmoz.org)

<http://search.dmoz.org>

The Open Directory uses volunteer editors to catalog the web. Formerly known as NewHoo, it was launched in June 1998. It was acquired by Netscape in November 1998.

### [AOL External Search](http://search.aol.com/)

<http://search.aol.com/>

AOL searches across the web and uses listings for "Open Directory" The engine does not search AOL content.

### [Lycos](http://lycos.com)

<http://lycos.com>

Lycos is one of the oldest search engines on the web, launched in 1994. Lycos ceased crawling the web for its own listings in April 1999 and instead provides access to human-powered results from LookSmart for popular queries and crawler-based results from Yahoo for others.

## Military Shopping Sites

### [Defense Commissary Agency \(DECA\)](http://www.commissaries.com/)

<http://www.commissaries.com/>

### [Navy Exchange](http://www.navy-nex.com/)

<http://www.navy-nex.com/>

### [Army & Air Force Exchange](http://www.aafes.com)

<http://www.aafes.com>

**Link Descriptions Sources:** Site descriptions are derived from each external web site and are not authored or endorsed by the federal government

**Commercial Links:** The appearance of hyperlinks to civilian enterprises does not constitute endorsement of the information, products, or services contained therein by the U.S. Army, or The Department of Command, Leadership, and Management. Commercial links provided are consistent with the stated purpose of this DOD site. Commercial web sites are provided for your convenience and information. Be aware that some sites may require a fee for their services.



# US Army War College Military Family Program

## Directory of Military Resources

Last Updated 10 January 2007

This Document contains links to assistance web sites found on our [web site](#). Due to frequent website updates, the site addresses below are subject to change without notice.

### Contents

- ID and CAC Cards
- Reserves / National Guard
- Senior Service Colleges
- Congress/Legislative Affairs
- Military Affiliates
- U.S. Navy
- U.S. Marines
- Veterans Web Sites
- Officer Staff Level Schools
- Military Pay

### ID and CAC Cards

#### [RAPIDS Site Locator](#)

<http://www.dmdc.osd.mil/rsl/owa/home>

The RAPIDS Site Locator web site with information on where to get CAC cards in your area">RAPIDS Site Locator

#### [Army Personnel Command](#)

<http://www.hrc.army.mil/site/active/persinsd/PERSINS-MAIN.htm>

Alexandria, VA (8 July 2005) - During our first change of command, Brig. Gen. Rhett A. Hernandez became the second commander of HRC. He accepted the reins from Maj. Gen. Dorian T. Anderson who retired after 30 years of service to the nation.

### Reserves / National Guard

#### [Reserve Affairs](#)

<http://www.defenselink.mil/ra>

To serve as Principal Staff Assistant and advisor to the Secretary of Defense with responsibility for overall supervision of matters which involve the Reserve components, including the Army National Guard, Army Reserve, Naval Reserve, Marine Corps Reserve, Air National Guard, Air Force Reserve and Coast Guard Reserve.

#### [Army Reserve \(OCAR\)](#)

<http://www.army.mil/usar/ocar.htm>

link to the Army Reserve Web Site.

#### [Army National Guard](#)

<http://www.arng.army.mil/>

The Army National Guard (ARNG) is one component of The Army (which consists of the Active Army, the Army National Guard and the Army Reserves.).

#### [Coast Guard Reserve](#)

<http://www.uscg.mil/hq/reserve/reshmpg.html>

The Coast Guard Reserve was established by the passage of the Coast Guard Reserve and Auxiliary Act of February 19, 1941. That act also established the Coast Guard Auxiliary under its present name (the Auxiliary had originally been called the 'Coast Guard Reserve').

# US Army War College Military Family Program Directory of Military Resources

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## [Coast Guard](#)

<http://www.uscg.mil/>

The United States Coast Guard is a military, multi-mission, maritime service and one of the nation's five Armed Services.

## [Navy Reserve](#)

<http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm>

Official information about the Navy Reserve Force.

## [Marine Reserve](#)

<http://www.mfr.usmc.mil>

MAR-FORRES is comprised of two groups of Marines and Sailors – those who are not currently on active duty, and those who are.

## [National Guard Family](#)

<http://www.guardfamily.org>

The National Guard Family Program's Online Community is a place to find contacts, information on programs and benefits, and more. Get tips, tools, and training on family issues.

## US Navy

### [All Hands Magazine](#)

<http://www.news.navy.mil/allhands.asp>

Navy all Hands Magazine - The first issue of All Hands was printed as the Bureau of Navigation News Bulletin No. 1 (dated Aug. 30, 1922). Twenty years later, the title was changed to Bureau of Naval Personnel Information Bulletin.

### [BUMED](#)

<http://navymedicine.med.navy.mil>

The Navy Medicine Web Site.

### [U. S. Navy Chaplain Corps](#)

<http://www.chaplain.navy.mil>

The U. S. Navy Chaplain Corps web site is an official U.S. Navy web site registered with the Government Information Locator Service.

### [Navy Office of Information](#)

<http://www.chinfo.navy.mil>

The Navy Office of Information is headed by the Chief of Information (CHINFO), a Rear Admiral, who is the direct representative of the Secretary of the Navy and the Chief of Naval Operations for Navy-wide public affairs matters.

### [Direct Line](#)

<http://www.directline.navy.mil>

This is the Official Source of QOL Information for the Department of the Navy and LIFE-Lines Partner Organizations.

# US Army War College Military Family Program

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### [Family Line](#)

<http://www.lifelines.usmc.mil/Familyline>

This is an official U.S. Navy web site. The Official Source of Education Information for the Department of Defense and LIFELines Partner Organizations.

### [Naval Media Center](#)

<http://www.mediacen.navy.mil>

Using the printed word, video and electronic media, Naval Media Center supports the Chief of Naval Information's mission of keeping the Navy/Marine Corps team up-to-date on issues that affect their careers and their lives.

### [NAVFAC](#)

<http://www.navfac.navy.mil>

The Naval Facilities Engineering Command (NAVFAC) is the Navy's facilities engineering professionals committed to Navy and Marine Corps combat readiness. We are global organization that is Fleet focused, innovative, a surge enabler, ever faster and committed to continuous cost reduction.

### [Navel Supply Systems Command \(NAVSUP\)](#)

<http://www.navsup.navy.mil>

Welcome to NAVSUP! Welcome to the official Web site of the U.S. Naval Supply Systems Command. We are a global enterprise delivering combat capability through logistics to Navy, Marine Corps, Joint and Allied Forces.

### [Navy Knowledge Online](#)

<https://www.nko.navy.mil/>

The Navy Knowledge On-line Web Site.

### [Office of the Judge Advocate General](#)

<http://www.jag.navy.mil>

The mission of the Office of the Judge Advocate General (OJAG) is extensive, embraces virtually all aspects of Department of the Navy (DON) activities, and is grounded in both law and regulation.

### [Retiree Council](#)

<http://www.lifelines.navy.mil/retireecouncil>

This Pathway is intended to provide you, the retiree, an introduction to web sites that contain relevant information about the status of retiree benefits, pay, and other elements that affect today's Navy/Marine Corps active and reserve retirees and survivors.

## U.S. Army

### [USA Center for Military History](#)

<http://www.army.mil/cmh-pg/default.htm>

The Center for Military History establishes a global forum for the Center of Military History to distribute historical information and products to inform, educate and professionally develop the soldiers and leadership of the U.S. Army.

# US Army War College Military Family Program Directory of Military Resources

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## [U.S. Army Web Site](http://www.army.mil)

<http://www.army.mil>

This is a link to the US Army Web site with links to other army units and command web sites.

## [HQ DA](http://www.hqda.army.mil)

<http://www.hqda.army.mil>

This is a link to Headquarters U.S. Army web site.

## [Civilian Personal Online](http://www.cpol.army.mil/)

<http://www.cpol.army.mil/>

Become a member of the Army Civilian Team. Visit our Employment page and discover countless opportunities to join the Army as a Civilian.

## **Army Commands**

### [Army Forces Command](http://www.forscom.army.mil)

<http://www.forscom.army.mil>

### [Army Materiel Command \(AMC\)](http://www.amc.army.mil)

<http://www.amc.army.mil>

### [Army Medical Department \(AMEDD\)](http://www.armymedicine.army.mil/default2.htm)

<http://www.armymedicine.army.mil/default2.htm>

### [U.S. Army Space Command](http://www.armyspace.army.mil/)

<http://www.armyspace.army.mil/>

### [Army Veterinary Command](http://vets.amedd.army.mil/vetcom/)

<http://vets.amedd.army.mil/vetcom/>

### [U.S. European Command](http://www.eucom.mil/Directorates/ECRA/index.htm)

<http://www.eucom.mil/Directorates/ECRA/index.htm>

### [U.S. Northern Command](http://www.northcom.mil/)

<http://www.northcom.mil/>

### [U.S. Strategic Command](http://www.stratcom.mil/)

<http://www.stratcom.mil/>

### [Training and Doctrine Command \(TRADOC\)](http://www-tradoc.monroe.army.mil)

<http://www-tradoc.monroe.army.mil>

### [U.S. Army Publications Agency](http://www.usapa.army.mil)

<http://www.usapa.army.mil>

# US Army War College Military Family Program Directory of Military Resources

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## U.S. Marines

### [Marine Forces Reserve](#)

<http://www.marforres.usmc.mil>

MARFORRES is comprised of two groups of Marines and Sailors – those who are not currently on active duty, and those who are. The former represent the core of our war-fighting strength; the latter are the critical enablers who ensure we are always combat ready.

### [Community Services](#)

<http://www.usmc-mccs.org>

US Marine Corp community services web site.

### [Public Affairs Division](#)

<http://www.usmc.mil/pashops/pashops.nsf/pamain>

Marine Corps Public Affairs serves as a link between Marines and the public and must facilitate the instantaneous flow of information that is generated through the 24-hour news cycle, the Internet and cellular communications.

### [Mobilization Command](#)

<https://mobcom.mfr.usmc.mil/MOBCOM.asp>

This is the Marine Corps Mobilization Command Web Site.

### [Sergeant Major MC](#)

<http://www.usmc.mil/sgtmaj/smmc14.nsf>

The Sergeant Major of the Marine Corps is featured on this web site.

## Veterans Web Sites

### [American Legion](#)

<http://www.legion.org>

The American Legion was chartered by Congress in 1919 as a patriotic, mutual-help, war-time veterans organization. A community-service organization which now numbers nearly 3 million members (Statement Source: American Legion).

### [Arlington National Cemetery](#)

<http://www.arlingtoncemetery.org>

The Official Web Site of Arlington National Cemetery. Our presence on the Web began in April of 2000. New facts, features, information and photos are being added on a regular basis. One feature I am particularly fond of is the photo of the week. Please return often. (Statement Source: Arlington National Cemetery)

### [Cemetery Administration](#)

<http://www.cem.va.gov>

The Department of Veteran Affairs National Cemetery Administration's Web Site Designed to assist you with information on VA's National Cemeteries and other burial benefits.

# US Army War College Military Family Program

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### [Veteran's Affairs](http://www.va.gov)

<http://www.va.gov>

Each day, as our troops continue the fight against terrorism and strive to bring freedom and democracy to the people of Afghanistan and Iraq, we are reminded once again of the incredible sacrifices our men and women in uniform make in defense of freedom. While VA's achievements have been many, great challenges lie ahead. The department is dedicated to continuing to improve its service to America's defenders.

### [Veteran's of Foreign Wars](http://www.vfw.org)

<http://www.vfw.org>

The Veterans of Foreign Wars of the United States, with its Auxiliaries, includes 2.4 million members in approximately 9,000 Posts worldwide.

## Senior Service Colleges

### [The Army War College \(AWC\)](http://www.carlisle.army.mil/)

<http://www.carlisle.army.mil/>

The Army War College (AWC) at Carlisle, PA. For more than a century, the U.S. Army War College (USAWC) has prepared senior military officers and civilians for strategic-leadership responsibilities. Today we play a major role in developing dedicated, intelligent, and competent men and women who will go on to serve our nation in positions of great responsibility.

### [The National War College](http://www.ndu.edu/)

<http://www.ndu.edu/>

NDU, the premier center for joint professional military education, is under the direction of the Chairman of the Joint Chiefs of Staff. The University is located at Ft. McNair in Washington, DC.

### [The Industrial College of the Armed Forces](http://www.ndu.edu/icafe/)

<http://www.ndu.edu/icafe/>

The mission of the Industrial College of the Armed Forces at Ft. McNair, Washington D.C is to prepare selected military officers and civilians for senior leadership and success in developing our national security strategy and in evaluating, marshalling, and managing resources in the execution of that strategy.

### [The Marine Corps War College](http://www.mcu.usmc.mil/mcu/factbook/MCWAR.htm)

<http://www.mcu.usmc.mil/mcu/factbook/MCWAR.htm>

The mission of MCWAR is to educate selected senior officers and civilians for decision-making during war and military operations other than war in a joint, interagency, and multinational environment.

### [The Naval War College \(NWC\)](http://www.nwc.navy.mil/defaultf.htm)

<http://www.nwc.navy.mil/defaultf.htm>

The Naval War College - For more than 100 years, the Naval War College has served as the premier center of strategic thought and national security policy innovation for our Navy and our nation.

# US Army War College Military Family Program

## Directory of Military Resources

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### [The Air War College](#)

<http://www.au.af.mil/au/awc/awchome.htm>

The Air War College is the senior Air Force professional military school with a highly experienced faculty and staff. Annually, we prepare 265 resident and over 6,000 nonresident students from all US military services, federal agencies, and 45 other nations to lead in the strategic environment -- emphasizing joint operations and the employment of air and space power in support of national security.

### Officer Staff Level Schools

#### [Army Command and General Staff College](#)

<http://www-cgsc.army.mil/>

Army Command and General Staff College (CGSC) at Ft. Leavenworth, KS .

#### [Marine Corps Command Staff College](#)

<http://www.mcu.usmc.mil/csc/>

Marine Corps Command Staff College (MCCDC) at Quantico, VA.

#### [Naval Staff College \(NSC\)](#)

<http://www.nwc.navy.mil/nsc/>

The Naval Staff College (NSC) located at Newport, RI.

#### [Air Command and Staff College](#)

<http://wwwacsc.au.af.mil/>

The Air Command and Staff College (ACSC) located at Maxwell AFB, Montgomery, AL.

### Congress/Legislative Affairs

#### [Air Force Legislative Liaison](#)

<http://www.safll.hq.af.mil/>

#### [Army Legislative Liaison](#)

<http://www.hqda.army.mil/ocll/>

### House of Representatives

#### [House of Representatives](#)

<http://www.house.gov/>

#### [House Appropriations Committee](#)

<http://www.house.gov/appropriations/>

#### [House Armed Services Committee](#)

<http://www.house.gov/hasc/>

# US Army War College Military Family Program Directory of Military Resources

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## [House Budget Committee](http://www.house.gov/budget/)

<http://www.house.gov/budget/>

## [House Government Reform Committee](http://www.house.gov/reform/)

<http://www.house.gov/reform/>

## **The Senate**

### [The Senate](http://www.senate.gov/)

<http://www.senate.gov/>

### [Senate Appropriations Committee](http://www.senate.gov/~appropriations/)

<http://www.senate.gov/~appropriations/>

### [Senate Armed Services Committee](http://www.senate.gov/~armed_services/)

[http://www.senate.gov/~armed\\_services/](http://www.senate.gov/~armed_services/)

### [Senate Budget Committee](http://www.senate.gov/~budget/)

<http://www.senate.gov/~budget/>

## [Library of Congress](http://www.loc.gov/)

<http://www.loc.gov/>

## [Thomas](http://thomas.loc.gov/)

<http://thomas.loc.gov/>

In the spirit of Thomas Jefferson, legislative information from the Library of Congress

## **Military Pay**

### [Defense Finance and Accounting Service](http://www.dod.mil/dfas/)

<http://www.dod.mil/dfas/>

The people of the Defense Finance and Accounting Service take pride in serving the men and women who defend America. We take our contribution to national defense seriously. We work hard to fulfill the important fiscal responsibilities entrusted to us by the American taxpayers.

### [DFAS MyPay](https://mypay.dfas.mil/mypay.aspx)

<https://mypay.dfas.mil/mypay.aspx>

My-Pay allows you manage your pay information. My-pay puts more information and services at your finger tips.

### [Military Compensation](http://www.dod.mil/militarypay/)

<http://www.dod.mil/militarypay/>

Link to Military Pay and Benefits Web Site.



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## DOD Web Sites

### [Defense Info Sys Agency \(DISA\)](http://www.disa.mil)

<http://www.disa.mil>

The Defense Information Systems Agency is a combat support agency responsible for planning, engineering, acquiring, fielding, and supporting global net-centric solutions and operating the Global Information Grid to serve the needs of the President, Vice President, the Secretary of Defense, the Joint Chiefs of Staff, the Combatant Commanders, and the other DoD Components under all conditions of peace and war.

### [DOD Military Speeches](http://www.defenselink.mil/speeches)

<http://www.defenselink.mil/speeches>

DOD Military Speeches are official statements of the Department of Defense.

### [Department of Defense \(DOD\)](http://www.defenselink.mil)

<http://www.defenselink.mil>

The mission of the Department of Defense is to provide the military forces needed to deter war and to protect the security of our country. The department's headquarters is at the [Pentagon](#).

### [World Fact Book](http://www.theodora.com/wfb/abc_world_fact_book.html)

[http://www.theodora.com/wfb/abc\\_world\\_fact\\_book.html](http://www.theodora.com/wfb/abc_world_fact_book.html)

## Military Affiliates

### [American Red Cross](http://www.redcross.org/)

<http://www.redcross.org/>

Since its founding in 1881 by visionary leader Clara Barton, the American Red Cross has been the nation's premier emergency response organization. (Statement Source: American Red Cross)

### [Family Literacy Foundation](http://www.read2kids.org)

<http://www.read2kids.org>

The Family Literacy Foundation's mission is to facilitate supportive relationships for children through families and friends reading aloud with them. (Statement Source: Family Literacy Foundation)

### [Fleet Reserve Assoc](http://www.fra.org/)

<http://www.fra.org/>

FRA works to preserve and enhance benefits and quality-of-life programs for members of the Navy, Marine Corps and Coast Guard. (Statement Source: Fleet Reserve Association)

### [Naval Services Family](http://www.lifelines.usmc.mil/Familyline)

<http://www.lifelines.usmc.mil/Familyline>

Over 150 Family-Line volunteers throughout the world support, educate, and inform Navy, Marine Corps, and Coast Guard service members and families.

### [Navy-Marine Relief Society](http://www.nmcra.org/)

<http://www.nmcra.org/>

# US Army War College Military Family Program

## Directory of Military Resources

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### [Navy Mutual Aid Association](http://www.navy mutual.org)

**<http://www.navy mutual.org>**

The basic purpose of the Association is to aid its members and their dependents or beneficiaries, by providing with certainty and promptness a substantial sum for their relief through the medium of insurance plans at as near the actual net cost as possible. (Statement Source: Navy Mutual Aid Assoc).

# US Army War College Military Family Program

## Our Favorite Web Sites

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### [Military Home Front](#)

**<http://www.militaryhomefront.dod.mil>**

Military Home-front is the official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers. Whether you live the military lifestyle or support those who do, you'll find what you need! (Statement Source: militaryhomefront.com).

### [Military Widow - A Survival Guide](#)

**<http://67.118.51.201/bol/bookdisplay.cfm?BookNum=49761>**

Book Review,: Military Widow - A Survival Guide.

### [Marine Wives 101](#)

**<http://www.marinewives101.com>**

An Internet web link to Marine Wives 101.

### [Military Report.com](#)

**[http://www.military.com/MilitaryReport/0,12914,MR\\_Current,00.html](http://www.military.com/MilitaryReport/0,12914,MR_Current,00.html)**

Military Report.com is an extension of Military.com. Military.com is the largest online military destination, offering free resources to serve, connect, and inform the 30 million Americans with military affinity, including active duty, reservists, guard members, retirees, veterans, family members, defense workers and those considering military careers. (Statement Source: military.com).

### [Army A-Z](#)

**<http://www.army.mil/a-z.htm>**

The Army A-Z is a resource that will link you to every Army web site as well as support organizations.

### [U.S. Army](#)

**<http://www.army.mil>**

A Link to the US Army Home page.

### [U.S. Air Force](#)

**<http://www.af.mil>**

A Link to the US Air Force Home page.

### [America Supports You](#)

**<http://Americasupportsyou.mil>**

The America Supports You site spotlights what Americans are doing in support of the military, encouraging other to thank our troops and allowing all to tell their stories by giving voice and visibility to their efforts.

### [Armed Forces Benefit Association](#)

**<http://www.afba.com>**

AFBA continues to honor the mission set forth by its founders - to provide high quality, low cost life insurance products to military families in peace and in war.

# US Army War College Military Family Program

## Our Favorite Web Sites

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### [Army Families Online](#)

<http://www.armyfamiliesonline.org/skins/WBLO/home.aspx>

Site provided by the Well-Being Liaison Office. The web site contains deployment information as well as stories from the frontline (Statement Source: [armyfamiliesonline.org](http://armyfamiliesonline.org)).

### [Army Family Team Building](#)

<http://www.AFTB.org>

Learn about the Army and Army support information through free online classes. (Statement Source: Army Family Team Building.org).

### [Army Knowledge online \(AKO\)](#)

<https://www.us.army.mil/suite/login/welcome.html>

The Army Knowledge On-line Web Site.

### [U.S. Army Lodging](#)

<HTTP://www.carlisle.army.mil/dclm/pdf/armyworldwidedirectory.pdf>

A listing of Army Lodging sites world-wide.

### [Army MWR](#)

<http://www.armymwr.com/>

The army Moral, Welfare and Recreation (MWR) Web Site.

### [Army Wives](#)

<http://www.armywives.com>

A website where army wives can go for inspiration and to answer questions that they may have about the Army. It is truly a wives resource. (Statement Source: [armywives.com](http://armywives.com)).

### [Deployment Link](#)

[http://deploymentlink.osd.mil/deploy/family/family\\_support.shtml](http://deploymentlink.osd.mil/deploy/family/family_support.shtml)

An awesome reference for all military families containing links to many different Family support operations.

### [Disabled Soldier Support System](#)

<http://www.ArmyDS3.org>

A web site providing severely disabled soldiers and their families with a system of advocacy and follow up to provide personal support that assists in the transitions from military service into the civilian community.

### [DOD Per Diem committee](#)

<https://secureapp2.hqda.pentagon.mil/perdiem/>

Answers all your TDY, Per Diem, and VHA, OHA or Cola questions.

### [DOD SITES](#)

<https://www.dmdc.osd.mil/appj/sites/index.jsp>

SITES contains resources for everyone who is relocating from one duty station to another, as well as those working or living at or near an installation.

# US Army War College Military Family Program

## Our Favorite Web Sites

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### [Guard Family Team Building](http://www.gftb.org)

<http://www.gftb.org>

The GFTB web site will help to increase family self-reliance, which will promote individual and Unit Readiness, Family Readiness, and Well-Being. (Statement Source: Guard Family Team Building.org).

### [Homes for our Troops](http://www.homesforourtroops.org)

<http://www.homesforourtroops.org>

Building and remodeling handicap accessible homes for our severely wounded and disabled veterans (Statement Source: Home for our Troops.org).

### [Human Resources Command](http://www.hrc.army.mil)

<http://www.hrc.army.mil>

This is the official website for promotion information. You can also find out what jobs are out there for your spouses.

### [Military Child Education Coalition](http://www.militarychild.org/)

<http://www.militarychild.org/>

The Military Child Education Coalition (MCEC) is working to solve the challenge of helping schools and military installations deliver accurate, timely information to meet transitioning parent and student needs, and in the development and education of children from military families. (Statement Source: military child.org).

### [Military Child in Transition/Deployment](http://www.militarystudent.org)

<http://www.militarystudent.org>

Ultimately, this site aims to enhance the educational and social well being of all military children by increasing the understanding and awareness of how to meet their unique needs. (Statement Source: military student.org).

### [Military Family Research](http://www.mfri.purdue.edu)

<http://www.mfri.purdue.edu>

The Military Family Research Institute is a cross-departmental research program housed at Purdue University and funded by the Department of Defense, Office of Military Community and Family Policy. (Statement Source: Military Family Research Institute at Purdue).

### [Military Family Resource Center](http://www.militaryhomefront.dod.mil/)

<http://www.militaryhomefront.dod.mil/>

A virtual resource for policy makers and those providing services to active duty service members, reservists, and their families.

### [Military Kidz](http://www.militarykidz.com)

<http://www.militarykidz.com>

This is a website for kids to have fun and learn in a fun military environment. (Statement Source: military kids.com).

# US Army War College Military Family Program

## Our Favorite Web Sites

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### [Military Pay and Benefits](#)

<http://www.dod.mil/militarypay/>

This site contains information on Military pay and benefits.

### [MilSpouse.org](#)

<http://www.milspouse.org>

Milspouse.org is a resource library for military spouses' employment, education and relocation information (Statement Source: military spouse.org).

### [Military Spouse Career Network](#)

<http://www.mscn.org/>

The Department of Defense figures indicate that over 65% of all military spouses work, and that 80-91% would like to work, if only they could find appropriate employment opportunities (Statement Source: military spouse career network.org).

### [Military Student](#)

<http://www.militarystudent.org>

Moving around the country and the world can be a very exciting and challenging life. You have the chance to meet new people and encounter new things. Sometimes being the new kid in school is scary, but remember that there are over 1.2 million kids of military parents that experience a similar lifestyle. (Statement Source: military student.org).

### [MTOM for Kids](#)

[http://www.defenselink.mil/mtom/index\\_k.htm](http://www.defenselink.mil/mtom/index_k.htm)

MTOM for Kids was developed by military kids, for military kids with real stories and good advice.

### [My Army Life Too](#)

<http://myarmylifetoo.com>

This portal will connect you with resources to empower you within military life (Statement Source: My Army Life Too.com).

### [The Military Family Network](#)

<http://www.emilitary.org/>

The Military Family Network brings together organizations on the national, state and local level, businesses, government agencies and military installations to help military families make their communities a home. (Statement Source: The Military Family.org)

### [Tragedy Assistance Program](#)

<http://taps.org>

Tragedy Assistance Program for Survivors (TAPS) Is a non-profit organization made up of, and providing services to, all those who have lost a loved one while serving in the Armed Forces.

### [United Concordia](#)

<http://www.ucci.com/was/uccweb/home.jsp>

With over 30 years of experience in dental insurance, United Concordia understands the importance of a healthy smile. (Statement Source: United Concordia)

# US Army War College Military Family Program

## Directory of Veterans Services

Last Updated 10 January 2007

This Document contains links to assistance web sites found on our [web site](#). Due to frequent website updates, the site addresses below are subject to change without notice.

### Contents

- General VA Sites
- Gulf War Veterans
- Veterans Re-Employment
- Wounded Warrior Assistance
- Uranium Depletion Exposure

### General VA Sites

#### [Board of Veterans' Appeals](#)

<http://www.va.gov/vbs/bva/>

The Board of Veterans' Appeals (also known as "BVA" or "the Board") is a part of the VA, located in Washington, D.C.

#### [Center for Minority Veterans](#)

<http://www1.va.gov/centerforminorityveterans/>

The Center for Minority Veterans is part of the Office of the Secretary. The Center assists eligible veterans in their efforts to receive benefits and services from VA. The Center acts only as a mediator and facilitator -- As such the Center does not process claims, handle equal employment complaints, or employee relation problems. The Center is dedicated to ensuring that all veterans are aware of benefits, services, and programs offered by VA.

#### [Center for Women Veterans](#)

<http://www1.va.gov/womenvet/>

The mission of the Center for Women Veterans is: to ensure women veterans have access to VA benefits & services, to ensure that VA health care and benefits programs are responsive to the gender-specific needs of women veterans, to perform outreach to improve women veterans awareness of VA services, benefits, and eligibility, and to act as the primary advisor to the Secretary for Veterans Affairs on all matters related to programs, issues, and initiatives for and affecting women veterans.

#### [Center for Veterans Enterprise](#)

<http://www.vetbiz.gov/>

Vetbiz.gov is the Federal Web portal for veterans in business.

#### [Compensation Rate Tables, 12-1-03](#)

<http://www.vba.va.gov/bln/21/Rates/comp01.htm>

This is a link to the VA Compensation and benefits web site listing compensation rate tables.

#### [Department of Veterans Affairs Home Page](#)

<http://www.va.gov/>

The goal of VA is to provide excellence in patient care, veterans' benefits and customer satisfaction. They have reformed their department internally and are striving for high quality, prompt and seamless service to veterans.

# US Army War College Military Family Program

## Directory of Veterans Services

Last Updated 10 January 2007

### [Directory of Veterans Service Organizations](#)

<http://www1.va.gov/vso/index.cfm?template=view>

This site provides a list of Veterans Service Organizations - View by Chartered Organizations.

### [Disability Examination Worksheets Index](#)

<http://www.vba.va.gov/bln/21/Benefits/exams/index.htm>

These 57 Disability Examination Worksheets are in use both by the doctors of VHA (Veterans Health Administration) who do the disability examinations and by the rating specialists, hearing officers, and Decision Review Officers of VBA (Veterans Benefits Administration) who do the disability evaluations.

### [Due Process](#)

[http://www.warms.vba.va.gov/admin21/m21\\_1/mr/part1/ch02.doc](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch02.doc)

Due process in the administration of VA benefits requires that VA inform the beneficiary of a proposed adverse action that could reduce or terminate benefits, and provide the beneficiary with the opportunity to provide additional evidence to contest the action, and/or request a hearing before VA decision-makers.

### [Duty to Assist](#)

[http://www.warms.vba.va.gov/admin21/m21\\_1/mr/part1/ch01.doc](http://www.warms.vba.va.gov/admin21/m21_1/mr/part1/ch01.doc)

VA has a duty to assist a claimant who files a substantially complete application in obtaining evidence to substantiate his or her claim before making a decision on the claim.

### [Electronic Code of Federal Regulations](#)

<http://ecfr.gpoaccess.gov/cgi/t/text/text-idx?c=ecfr&tpl=%2Findex.tpl>

The Electronic Code of Federal Regulations (e-CFR) is a prototype of a currently updated version of the Code of Federal Regulations (CFR). The e-CFR prototype is a demonstration project. It is not an official legal edition of the CFR. The e-CFR prototype is authorized and maintained by the National Archives and Records Administration's (NARA) Office of the Federal Register (OFR) and the Government Printing Office (GPO). The OFR updates the material in the e-CFR on a frequent basis.

### [Federal Benefits for Veterans 2006](#)

[http://www1.va.gov/opa/vadocs/current\\_benefits.asp](http://www1.va.gov/opa/vadocs/current_benefits.asp)

Electronic version of the Department of Veteran Affairs handbook: Federal Benefits for Veterans and Dependents 2006, ISBN:0-16-075597-2.

### [Environmental Agents Service \(EAS\)](#)

<http://www1.va.gov/environagents/>

The Environmental Agents Service (EAS) administers health care programs related to environmental issues, including Operations Iraqi Freedom/Enduring Freedom (OIF/OEF), Gulf War, Agent Orange, depleted uranium, ionizing radiation, and Project 112 (Including Project SHAD).



# US Army War College Military Family Program

## Directory of Veterans Services

Last Updated 10 January 2007

### [Environmental Agents Service - Persian Gulf Program](#)

[http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=1002](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002)

According to the Department of Defense (DOD) approximately 690,000 American servicemen and women were involved in the Persian Gulf War. There may be a substantial number of troops actually exposed to raw petroleum and/or smoke from the sabotage of Kuwaiti oil wells by retreating Iraqi forces as well as other industrial and environmental hazards.

### [Establishing Combat Veteran Eligibility](#)

[http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=315](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=315)

This Veterans Health Administration (VHA) Directive establishes policy for determining eligibility for Department of Veterans Affairs (VA) health care benefits for recently discharged veterans who served in a theater of combat operations or in combat against a hostile force during a period of hostilities.

### [Environmental Agents M10](#)

[http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=1002](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=1002)

The Department of Veterans Affairs, Veterans Health Administration Manual M-10, Environmental Agents Service, Part III, Persian Gulf Program, is published for the compliance of all concerned.

### [VA Priority Outpatient Care](#)

[http://www1.va.gov/vhapublications/ViewPublication.asp?pub\\_ID=206](http://www1.va.gov/vhapublications/ViewPublication.asp?pub_ID=206)

This Veterans Health Administration (VHA) Directive outlines policies and actions required in support of Department of Veterans Affairs (VA's) commitment to providing priority care for non-emergency outpatient medical services and inpatient hospital care for any veteran with service connected (SC) disabilities rated 50 percent or greater.

### [Forms and Records Request](#)

<http://www.va.gov/vaforms/>

Welcome to the Department of *Veterans Affairs* Forms web site. **IMPORTANT:** You must have at least Adobe Reader version 6.0 on your computer to fully utilize all the forms on this site.

### [Federal Benefits for Veterans and Dependents 2005](#)

<http://www1.va.gov/opa/vadocs/fedben.pdf>

This pamphlet describes federal benefits available to veterans and their dependents as of Jan. 1, 2005. Changes may occur during the year as a result of legislative or other requirements.

### [The Geriatrics and Extended Care Strategic Healthcare](#)

<http://www1.va.gov/geriatricsshg/>

The Geriatrics and Extended Care Strategic Healthcare Group advances quality care for aging and chronically ill veterans by providing policy direction for the development, coordination, and integration of geriatrics and long-term care clinical programs. The Geriatrics and Extended Care Strategic Healthcare Group's functional service lines are: Community-Based Long-Term Care, Nursing Home Care, Geriatric Care, and Residential Rehabilitation Care.

# US Army War College Military Family Program

## Directory of Veterans Services

Last Updated 10 January 2007

### [Homeless Veterans](#)

<http://www1.va.gov/homeless/>

VA offers a wide array of special programs and initiatives specifically designed to help homeless veterans live as self-sufficiently and independently as possible. In fact VA is the only Federal agency that provides substantial hands-on assistance directly to homeless persons. Although limited to veterans and their dependents, VA's major homeless-specific programs constitute the largest integrated network of homeless treatment and assistance services in the country.

### [Health Services Research and Development Service \(HSR&D\)](#)

<http://www.hsr.d.research.va.gov/>

VA's Health Services Research and Development Service (HSR&D), works to identify and evaluate innovative strategies that lead to accessible, high quality, cost-effective care for veterans and the nation. One of four research services within [VA's Office of Research and Development](#), HSR&D is an intramural research program [funding](#) eligible VA clinicians and investigators to address VA health care priorities.

### [Information for Veterans exposed to Ionizing Radiation](#)

<http://www1.va.gov/irad/>

A series of newsletters providing Information for veterans exposed to ionizing radiation and their families.

### [VA Health Care Eligibility](#)

<http://www.va.gov/healtheligibility/home/hecmmain.asp>

VA provides a [Medical Benefits Package](#), a standard enhanced health benefits plan available to all enrolled veterans. This plan emphasizes preventive and primary care, and offers a full range of outpatient and inpatient services within VA health care system.

### [Health Services Research and Development](#)

<http://www.hsr.d.research.va.gov/>

VA's Health Services Research and Development Service (HSR and D), works to identify and evaluate innovative strategies that lead to accessible, high quality, cost-effective care for veterans and the nation. One of four research services within VA's Office of Research and Development, HSR and D is an intramural research program funding eligible VA clinicians and investigators to address VA health care priorities.

## Gulf War Veterans

### [Guideline for Chronic Pain and Fatigue MUS-CPG](#)

[http://www.oqp.med.va.gov/cpg/cpgn/mus/mus\\_base.htm](http://www.oqp.med.va.gov/cpg/cpgn/mus/mus_base.htm)

The guideline is presented in an algorithmic format and is intended to provide a systematic approach to the evaluation and management of patients with medically unexplained symptoms: chronic pain and fatigue.

### [Guide to Gulf War Veterans' Health](#)

This independent study module is being released as a part of the Veterans Health Initiative (VHI). The VHI is a comprehensive program of continuing education that recognizes the connection between certain health effects and military service, and emphasizes better military medical histories for veteran patients in order to provide

# US Army War College Military Family Program

## Directory of Veterans Services

Last Updated 10 January 2007

them with the best available care.

### [Gulf War Illnesses – Subject Index](http://www1.va.gov/GulfWar/page.cfm?pg=7&template=main&letter=A)

<http://www1.va.gov/GulfWar/page.cfm?pg=7&template=main&letter=A>

A subject index on Gulf War Illnesses.

### [Gulf War Veterans' Illnesses Q&As](http://www1.va.gov/gulfwar/docs/GWIllnessesQandAsIB1041.pdf)

<http://www1.va.gov/gulfwar/docs/GWIllnessesQandAsIB1041.pdf>

This web site contains a series of questions and answers concerning illnesses suffered by veterans of the Dessert storm and Iraq.

## Depleted Uranium Evaluation

### **EVALUATION PROTOCOL FOR GULF WAR AND IRAQI FREEDOM VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED URANIUM (DU)**

#### [Iraqi Freedom Veterans](http://www1.va.gov/gulfwar/docs/DUHandbook1303122304.DOC)

<http://www1.va.gov/gulfwar/docs/DUHandbook1303122304.DOC>

This Veterans Health Administration (VHA) Handbook outlines the policy and procedures for evaluating Gulf War (GW) veterans, including those who served in Operation Iraqi Freedom (OIF), with possible exposure to depleted uranium (DU). **NOTE:** For non-GW veterans with potential exposure to DU, refer to VHA Handbook 1303.4.

### **EVALUATION PROTOCOL FOR NON-GULF WAR VETERANS WITH POTENTIAL EXPOSURE TO DEPLETED URANIUM (DU)**

#### [Non Gulf War \(NGW\)](http://www1.va.gov/gulfwar/docs/DUHANDBOOKNONGW130340304.DOC)

<http://www1.va.gov/gulfwar/docs/DUHANDBOOKNONGW130340304.DOC>

This Veterans Health Administration (VHA) Handbook outlines the policy and procedures for evaluating Non Gulf War (NGW) veterans, including those who served in Operation Iraqi Freedom (OIF), with possible exposure to depleted uranium (DU). **NOTE:** For GW veterans with potential exposure to DU, refer to VHA Handbook 1303.1 above.

### [Depleted Uranium Fact Sheet](http://www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc)

<http://www1.va.gov/gulfwar/docs/DepletedUraniumFAQSheet.doc>

Depleted Uranium Fact Sheet - Prepared by the Depleted Uranium Follow-up Program, VA Maryland Healthcare System, Baltimore Division, January 2000 (rev. January 2002)

## Wounded Warrior Assistance

### [Military Severely Injured Center](http://www.military.com/support)

<http://www.military.com/support>

A comprehensive career services website that includes employment information for wounded service members and veterans (Statement Source: <http://www.military.com/support>).

### [Wounded Warrior Program:](http://www.AW2.army.mil)

<http://www.AW2.army.mil>

The Department of the Army's Wounded Warrior Program (AW2) provides its severely disabled Soldiers and their families with a system of advocacy and follow-up.

# US Army War College Military Family Program

## Directory of Veterans Services

Last Updated 10 January 2007

### Always a Soldier

<http://www.amc.army.mil/alwaysasoldier>

The Always a Soldier program provides service-connected disabled veterans opportunities to seek employment, career and advancement, job mobility, family economic well-being, and greater financial security.

### Marine for Life

<https://www.m4l.usmc.mil/>

The mission is to provide transition assistance to Marines who honorably leave active service and return to civilian life and to support injured Marines and their families.

### Portal for Military Transitioner

<http://www.dodtransportal.dod.mil/dav/lsnmedia/LSN/dodtransportal/>

This site is designed specifically to assist service members leaving active duty.

### Disabled Transition Assistance Program

<http://www.dol.gov/vets/programs/tap/main.htm>

The Transition Assistance Program (TAP) was established to meet the needs of separating service members during their period of transition into civilian life by offering job-search assistance and related services.

### Vocational Rehabilitation Web Site

<http://www.vba.va.gov/bln/vre/index.htm>

This website provides a variety of resources for Veterans.

### State Vocational Rehabilitation

<http://janweb.icdi.wvu.edu/SBSES/VOCREHAB.HTM>

This website lists vocational rehabilitation services for each state and U.S. territory. (Statement Source: <http://janweb.icdi.wvu.edu>).

### Real-Lifelines Web Site

<http://www.dol.gov/vets/proarams/Real-life/main.htm>

REALifelines is a new program dedicated to providing individualized job training, counseling, and reemployment services to wounded service members.

### Computer/ Electronic Accommodations

<http://www.tricare.osd.mil/cap/>

CAP provides assistive technology and services to people with disabilities, Federal managers, supervisors, IT professionals, and Wounded Services Members.

### JAN Web Site

<http://www.jan.wvu.edu>

JAN is a free consulting service designed to increase the employability of people with disabilities (Statement Source: <http://www.jan.wvu.edu>)

# US Army War College Military Family Program

## Directory of Veterans Services

Last Updated 10 January 2007

### Veterans Re-Employment

#### [DOD Vets Web Site](http://www.dodvets.com/)

<http://www.dodvets.com/>

This website provides a wide range of information relating to DOD employment opportunities for disabled veterans">DOD Vets Web Site.

#### [Real-Lifelines Web Site](http://www.dol.gov/vets/proarams/Real-life/main.htm)

<http://www.dol.gov/vets/proarams/Real-life/main.htm>

REAL-Lifelines is a new program dedicated to providing individualized job training, counseling, and reemployment services to wounded service members.

#### [Hire Vets First Web Site](http://www.hirevetsfirst.gov)

<http://www.hirevetsfirst.gov>

This comprehensive career website is designed to help employers find qualified veterans, as well as help veterans to make the most of a national network of employment resources.

#### [Veterans Employment and Training](http://www.dol.gov/vets/)

<http://www.dol.gov/vets/>

The Mission statement for VETS is to provide Veterans with the resources and services to succeed in the 21st century work force.

#### [E-Vets Web Site](http://www.dol.gov/elaws/evets.htm)

<http://www.dol.gov/elaws/evets.htm>

The e-VETS Resource Advisor assists veterans preparing to enter the job market.

#### [State Vocational Rehabilitation Web Site](http://janweb.icdi.wvu.edu/SBSES/VOCREHAB.HTM)

<http://janweb.icdi.wvu.edu/SBSES/VOCREHAB.HTM>

This website lists vocational rehabilitation services for each state and U.S. territory.

### Veterans Web Sites

#### [American Legion](http://www.legion.org)

<http://www.legion.org>

The American Legion was chartered by Congress in 1919 as a patriotic, mutual-help, war-time veterans organization. A community-service organization which now numbers nearly 3 million members (Statement Source: American Legion).

#### [Arlington National Cemetery](http://www.arlingtoncemetery.org)

<http://www.arlingtoncemetery.org>

The Official Web Site of Arlington National Cemetery. Our presence on the Web began in April of 2000. New facts, features, information and photos are being added on a regular basis. One feature I am particularly fond of is the photo of the week. Please return often. (Statement Source: Arlington National Cemetery)

# US Army War College Military Family Program

## Directory of Veterans Services

Last Updated 10 January 2007

### Cemetery Administration

<http://www.cem.va.gov>

The Department of Veteran Affairs National Cemetery Administration's Web Site Designed to assist you with information on VA's National Cemeteries and other burial benefits.

### Veteran's Affairs

<http://www.va.gov>

Each day, as our troops continue the fight against terrorism and strive to bring freedom and democracy to the people of Afghanistan and Iraq, we are reminded once again of the incredible sacrifices our men and women in uniform make in defense of freedom. While VA's achievements have been many, great challenges lie ahead. The department is dedicated to continuing to improve its service to America's defenders.

### Veteran's of Foreign Wars

<http://www.vfw.org>

The Veterans of Foreign Wars of the United States, with its Auxiliaries, includes 2.4 million members in approximately 9,000 Posts worldwide.

# US Army War College Military Family Program

## Directory of Employment Resources

**Last Updated 10 January 2007**

This Document contains links to assistance web sites found on our [web site](#). Due to frequent website updates, the site addresses below are subject to change without notice.

### Contents

- Civilian Job Opportunities
- Federal Employment
- Government Retirement
- Veterans Reemployment
- Transitional Services
- Military Pay

### Civilian Job Opportunities

#### [Air Force Personnel Center](#)

Link to the Air Force Personnel Center at Randolph AFB, TX 78150

#### [Civilian Assistance and Re-Employment](#)

<http://www.cpms.osd.mil/care/>

The CPMS Civilian Assistance and Re-Employment (CARE) Division is responsible for implementing, maintaining, and ensuring the efficient and effective operation of the DOD Priority Placement Program (PPP), workforce restructuring and other DOD downsizing and transition assistance programs for civilian employees.

#### [Defense Info Systems Agency](#)

<http://jobopps.disa.mil/MainMenu.html>

Looking for an exciting and meaningful career with the Defense Information Systems Agency (DISA)?

#### [Defense Logistics Agency](#)

<http://www.hr.dla.mil/resources/employment/current/currentcivilian.html>

Looking for an exciting and meaningful career with the Defense Logistics Agency?

#### [DOD Education Activity](#)

<http://www.pac.dodea.edu/aboutus/adminservices/EEO/index.htm>

The Department of Defense Dependents Schools (DODDS) Pacific Equal Employment Opportunity (EEO) Program Manager provides training, support, and guidance to districts and schools in an effort to prevent systemic barriers and discriminatory practices that impede cultivation of a diverse workforce. (Statement Source: The Department of Defense Dependents Schools (DODDS)).

#### [DOD Job Search](#)

<http://dod.jobsearch.org/>

The Department of Defense (DOD) Job Search is an associate web site of the US Department of Labor's (DOL) America's Job Bank. (Statement Source: The Department of Defense (DOD) Job Search)

#### [Employment Station](#)

<http://www.dod.mil/mapsite/jobs.html>

The DOD Military Assistance Program - Employment Station.



# US Army War College Military Family Program

## Directory of Employment Resources

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### [National Security Agency](#)

<http://www.nsa.gov/careers/>  
NSA Job Search Page.

### [The Job Page](#)

<http://www.thejobpage.gov/>

We need the brightest and the best - people who care about creating a customer-centered government. This web page provides portals to government sites where you can look for jobs; learn about special programs and initiatives; and find information on how jobs are classified and filled, government benefits, and much more.

### [USAJobs](#)

<http://www.usajobs.opm.gov/>

USAJOBS is provided at no cost and offers information on thousands of U.S. government job opportunities worldwide.

## Federal Employment

### [Army Civilian Personal On-Line](#)

<http://acpol.army.mil/employment/>

Civilians have been an integral part of the U.S. Army since the Revolutionary War. The Board of War and Ordnance was established in 1776 with responsibility to equip and dispatch troops; account for arms, ammunition and equipment; maintain personnel records; and disburse funds. The board was made up of five members of the Continental Congress, clerks and a paid secretary – Richard Peters, the first Army civilian. Civilians were hired by the Continental Army for driving, crafts, and carpentry and laborer jobs.

### [Veterans Preference in Federal Jobs](#)

<http://federaljobs.net/veterans.htm>

Veterans who served during major campaigns for which a campaign medal has been authorized or during any war declared by Congress receive preference for federal government jobs.

### [Equal Employment Opportunity Commission](#)

<http://eeoc.gov/>

The US Equal Employment Opportunity Commission (EEO)

### [DOD NSPS System](#)

<http://www.cpms.osd.mil/nsps/index.html>

National Security Personnel System - In November 2003, Congress granted the Department of Defense the authority to establish a new civilian human resources management system to better support its critical national security mission.

## Veterans Reemployment

### [DOD Vets Web Site](#)

<http://www.dodvets.com/>

This website provides a wide range of information relating to DOD employment opportunities for disabled veterans.



# US Army War College Military Family Program

## Directory of Employment Resources

Last Updated 10 January 2007

### [Real-Lifelines Web Site](#)

<http://www.dol.gov/vets/proarams/Real-life/main.htm>

REAL-Lifelines is a new program dedicated to providing individualized job training, counseling, and reemployment services to wounded service members.

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The e-VETS Resource Advisor assists veterans preparing to enter the job market.

### [State Vocational Rehabilitation Web Site](#)

<http://janweb.icdi.wvu.edu/SBSES/VOCREHAB.HTM>

This website lists vocational rehabilitation services for each state and U.S. territory.

## Transitional Services

### [Seamless Transition](#)

<http://www.seamlesstransition.va.gov>

This is the Department of Veteran Affairs site that offers assistance to veterans of Operation Enduring Freedom and Operation Iraqi Freedom.

### [Portal for Military Transition](#)

<http://www.dodtransportal.dod.mil/dav/lsnmedia/LSN/dodtransportal/>

This site is designed specifically to assist service members leaving active duty.

### [Disabled Transition Assistance Program](#)

<http://www.dol.gov/vets/programs/tap/main.htm>

The Transition Assistance Program (TAP) was established to meet the needs of separating service members during their period of transition into civilian life by offering job-search assistance and related services.

### [Relocation Assistance](#)

<http://dod.mil/mapcentral/relocation.html>

Research indicates that pre-departure relocation services reduce associated problems for military members and families, no matter how many times they have moved.

# US Army War College Military Family Program

## Directory of Employment Resources

Last Updated 10 January 2007

### Government Retirement

#### [TSP Web Site](http://www.tsp.gov/)

<http://www.tsp.gov/>

Link to the TSP Web Site - TSP is a retirement savings plan for both civilians who are employed by the United States Government and members of the uniformed services. TSP is a retirement savings plan for both civilians who are employed by the United States Government and members of the uniformed services.

#### [Federal Employees Gateway](http://www.firstgov.gov/Federal_Employees/Federal_Employees_Gateway.shtml)

[http://www.firstgov.gov/Federal\\_Employees/Federal\\_Employees\\_Gateway.shtml](http://www.firstgov.gov/Federal_Employees/Federal_Employees_Gateway.shtml)

This is a link to First-Gov for seniors with retirement planning information including government retirement systems.

#### [Social Security Calculators](http://www.ssa.gov/planners/calculators.htm)

<http://www.ssa.gov/planners/calculators.htm>

A link to Social Security On-line web site containing benefits calculators and planning information..

#### [CSRS Severance Pay Calculator](http://www.afpc.randolph.af.mil/permis/civilian/c_6a81.htm)

[http://www.afpc.randolph.af.mil/permis/civilian/c\\_6a81.htm](http://www.afpc.randolph.af.mil/permis/civilian/c_6a81.htm)

This is a link to the CSRS Severance Pay Calculator web site. - Click on the link and download the calculator"> CSRS Severance Pay Calculator.

#### [CSRS Retirement Calculator](http://www.calculateforfree.com/index5.html)

<http://www.calculateforfree.com/index5.html>

Link to a GSA CSRS Retirement Calculator - If you want to know what your retirement check would be, you can answer the questions on this site to receive a rough estimate.

#### [TSP Calculator](http://www.tsp.gov/calc/)

<http://www.tsp.gov/calc/>

Estimate the growth of your TSP account by calculating the growth of your future contributions and/or the growth of the money already in your account.

#### [FEGLI Life Insurance Calculator](http://www.opm.gov/calculator/index.htm)

<http://www.opm.gov/calculator/index.htm>

Estimate the cost of insurance with this Link to federal FEGLI Life Insurance Calculator.

### Military Pay

#### [Defense Finance and Accounting Service](http://www.dod.mil/dfas/)

<http://www.dod.mil/dfas/>

Link to the Defense Finance and Accounting Service Web Page.

# US Army War College Military Family Program

## Directory of Employment Resources

**Last Updated 10 January 2007**

### [DFAS MyPay](https://mypay.dfas.mil/mypay.aspx)

**<https://mypay.dfas.mil/mypay.aspx>**

MyPay allows you manage your pay information. MyPay puts more information and services at your finger tips.

### [Military Compensation](http://www.dod.mil/militarypay/)

**<http://www.dod.mil/militarypay/>**

The Military Pay and Benefits Web Site which provides information on your allowed pay and benefits.

US Army War College Military Family Program  
Directory of Employment Resources  
**Last Updated 10 January 2007**

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# US Army War College Military Family Program

## Directory of Health Services

Last Updated 10 January 2007

This Document contains links to assistance web sites found on our [web site](#). Due to frequent website updates, the site addresses below are subject to change without notice.

### Contents

- General Information
- TRICARE Sites
- Life Services
- Relief Organizations

### General Information

#### [Talking to Children about Terrorism](#)

<http://www.aboutourkids.org/aboutour/articles/war.html>

The Web site About-Our-Kids provides parents, educators, pediatricians, mental health professionals and anyone who cares about kids with scientifically-based, user friendly child mental health and parenting information. (Statement Source: Aboutourkids.org.)

#### [Hoonah 4 Health](#)

<http://hooah4health.com>

An Internet Link to the U.S. Army health promotion and wellness web site. Unlike other health-related web sites, this one is specifically designed to address the force health protection and readiness requirements of the ARMY, particularly its Reserve Component. (Statement Source: hooah4health.com)

#### [Quit Smoking](#)

[http://www.quitnet.com/qn\\_gizmo.jtml?q\\_feature=30](http://www.quitnet.com/qn_gizmo.jtml?q_feature=30)

Quitnet helps you focus on the tough work of giving up smoking.

#### [Europe Regional Medical Command](#)

<http://www.healthcare.hqusareur.army.mil/>

The purpose of this web site is to provide useful information for military healthcare beneficiaries and to enhance communication within the European medical force and its assets, as well as the Army Medical Department, Health Affairs, military service branches, external agencies and the general public.

### TRICARE Web Sites

#### [TRICARE Main Web Site](#)

<http://www.tricare.osd.mil/>

This is the official Web site of the Office of the Assistant Secretary of Defense (Health Affairs) and the TRICARE Management Activity Skyline 5, Suite 810, 5111 Leesburg Pike, Falls Church, VA 22041-3206.

#### [TRICARE Eligibility](#)

<http://www.tricare.mil/deers/default.cfm>

DEERS is a computerized database of military sponsors, families and others worldwide who are entitled under the law to TRICARE benefits. DEERS registration is required for TRICARE eligibility.

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### [TRICARE Claims Check](#)

<http://www.mytricare.com>

Claims Check for TRICARE beneficiaries and providers in the North and South Regions

### [TRICARE On-line](#)

<http://www.tricareonline.com/>

TRICARE Online is a Department of Defense (DOD) computer system. Use of this site is governed by multiple DOD policies and terms outlined in the center area. Many of these policies are designed to protect the privacy of your personal information. We encourage you to review these policies. (Statement Source: <http://www.tricareonline.com/>).

### [TRICARE Information Service](#)

<http://www.tricare.osd.mil>

1-888-DoD-CARE - (1-888-363-2273).

### [TRICARE North Region](#)

<http://www.healthnetfederalservices.com>

1-877-TRECARE - (1-877-874-2273)

### [TRICARE South Region \(Contractor\)](#)

<http://www.humana-military.com>

1-800-444-5445

### [TRICARE West Region](#)

<http://www.triwest.com>

1-888-TRIWEST (1-888-874-9378)

### [TRICARE Overseas](#)

<http://www.tricare.osd.mil/overseas>

1-888-777-8343

### [Services Family Health Plan](#)

<http://www.usfamilyhealthplan.org>

1-800-740-SFHP - (1-800-740-7347)

### [Mail Order Pharmacy Program](#)

<http://www.express-scripts.com/TRICARE>

1-866-DOD-TMOP - (1-866-363-8667)

### [Retail Pharmacy](#)

<http://www.tricare.ods.mil/pharmacy>

1-866-DOD-TRRx - (1-866-363-8779)

### [Reserve Dental Plan](#)

<http://www.ucci.com>

With over 30 years of experience in dental insurance, United Concordia understands the importance of a healthy smile.

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## [Retiree Dental Plan](#)

<http://www.ddpdelta.org/>

We are pleased to present the TRICARE Retiree Dental Program (TRDP), the premier dental benefits plan created by Congress especially for Uniformed Services retirees and their family members and administered by Delta Dental of California. (Statement Source: <http://www.ddpdelta.org/>)

## [DOD/VA Program Coordination](#)

<http://www.tricare.osd.mil/DVPCO/default.cfm>

The Department of Defense (DOD) and Department of Veterans Affairs (VA) have a long history of healthcare resource sharing, which was mandated by Public Law 97-174, The Veterans Administration and Department of Defense Health Resources Sharing and Emergency Operations Act.

## Life Services

### [LIFELines](#)

<http://www.lifelines.navy.mil/>

LIFE-lines is a Navy service network providing online resources

### [Military Assistance Program \(MAP\)](#)

<http://www.dod.mil/mapsite/>

Link to Military Assistance Program (MAP) web site

### [Military.com](#)

<http://www.military.com>

Military.com is the largest online military destination offering free resources to serve, connect, and inform the 30 million Americans with military affinity

### [Military Report.com](#)

<http://www.militaryreport.com>

Military Report is the largest free weekly publication written specifically for everyone in the military.

### [MWR Web Site](#)

<http://www.armymwr.com/>

Army MWR.com is provided by the U.S. Army Community and Family Support Center .

### [Air Force Crossroads](#)

<http://www.afcrossroads.com>

The Air Force believes that one of its most important attributes is a sense of community among its members and their families. The Air Force is rededicating itself to both maintaining this sense of community and finding new and more efficient ways of providing it.

### [JAG Net](#)

<http://www.jagcnet.army.mil/Legal>

Welcome to our military legal information portal, sponsored by the U. S. Army Judge Advocate General's Corps to inform military members on personal legal affairs and preventive law. Use

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this site as part of your personal legal preparedness. The information here is not legal advice, for that consult an attorney.

### [Air Force Aid Society](http://www.afas.org/)

<http://www.afas.org/>

The Air Force Aid Society (AFAS) is the official charity of the U.S. Air Force. It promotes the Air Force mission by helping to relieve distress of Air Force members and their families and assisting them to finance their education.

### [Navy-Marine Corps Relief Society](http://www.nmcrrs.org/)

<http://www.nmcrrs.org/>

Founded in 1904, the Navy-Marine Corps Relief Society is a private non-profit charitable organization. It is sponsored by the Department of the Navy and operates nearly 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world

### [Army Emergency Relief](http://www.aerhq.org/)

<http://www.aerhq.org/>

AER is the Army's own emergency financial assistance organization and is dedicated to Helping the Army Take Care of Its Own. AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of soldiers.">Army Emergency Relief.

### [American Red Cross](http://www.redcross.org)

<http://www.redcross.org>

Since its founding in 1881 by visionary leader Clara Barton, the American Red Cross has been the nation's premier emergency response organization.

### [World USO](http://www.uso.org/)

<http://www.uso.org/>

The great intangible of America's wars beyond logistics, beyond strategy, beyond wonder weapons and Generals, is the spiritual force of its fighting men and women - and that is the force that the USO so magnificently serves.

## Relief Organizations

### [Fleet Reserve Assoc](http://www.fra.org/)

<http://www.fra.org/>

The FRA works to preserve and enhance benefits and quality-of-life programs for members of the Navy, Marine Corps and Coast Guard.

### [Naval Services Family](http://www.lifelines.usmc.mil/Familyline)

<http://www.lifelines.usmc.mil/Familyline>

Family-Line volunteers throughout the world support, educate, and inform Navy, Marine Corps, and Coast Guard service members and families.

### [Nav-Mar Relief Society](http://www.nmcrrs.org/)

<http://www.nmcrrs.org/>



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Founded in 1904, the Navy-Marine Corps Relief Society is a private non-profit charitable organization. It is sponsored by the Department of the Navy and operates nearly 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world.

### [Navy Mutual Aid Assoc](http://www.navymutual.org/)

<http://www.navymutual.org/>

The basic purpose of the Association is to aid its members and their dependents or beneficiaries, by providing with certainty and promptness a substantial sum for their relief through the medium of insurance plans at as near the actual net cost as possible.

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# US Army War College Military Family Program

## Directory of Deployment Resources

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This Document contains links to assistance web sites found on our [web site](#). Due to frequent website updates, the site addresses below are subject to change without notice.

### Contents

- Operation Ready Training
- Preparing for Deployment
- General Deployment Links
- Dealing with Deployment
- Returning from Deployment
- Preparing Children

## Operation Ready Training

### Resources for Educating About Deployment and You (READY)

This training module is a revised publication of the Operation R.E.A.D.Y resource library.  
(Source: My Army Life Too.com)

#### *Training Videos*

**Note:** You must have Windows Media Player installed to view videos.

#### [Operation Ready Videos List](#)

This web site contains a list of Operation Ready videos available from My Army Life Too.com.

#### [Introduction to ACS](#)

<http://www.carlisle.army.mil/usawc/dclm/family/acs.aspx>

An introduction to Army Community Services (ACS) (Source: MyArmyLifeToo.com).

#### [Practical Readines](#)

<http://www.carlisle.army.mil/usawc/dclm/family/deploy.aspx>

This video highlights areas that will help you streamline the deployment process. Runtime: 11:33 (Source: MyArmyLifeToo.com).

#### [Coping with Stress](#)

<http://www.carlisle.army.mil/usawc/dclm/family/stress.aspx>

This video gives you some great tips to minimize stress in your life during deployment. Runtime: 7:23 (Source: MyArmyLifeToo.com)

#### [Making Your Reunion Work](#)

<http://www.carlisle.army.mil/usawc/dclm/family/reunion.aspx>

Reunions can often be harder than you think. This video has some tips to prepare you for your next reunion. Runtime: 9:23 (Source: MyArmyLifeToo.com)

#### [Family Readiness Groups \(FRG\)](#)

<http://www.carlisle.army.mil/usawc/dclm/family/frg.aspx>

FRG's exist to help service members and their families to cope with Army life. Runtime: 8:13 (Source: MyArmyLifeToo.com)

#### [Family Assistance Center](#)

<http://www.carlisle.army.mil/usawc/dclm/family/fac.aspx/>

The FAC is here to help you with all your needs during a deployment. Runtime: 7:13 (Source: MyArmyLifeToo.com)

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### *Handbooks*

#### Family Readiness Group Handbook

[http://www.carlisle.army.mil/usawc/dclm/family/FRG\\_Handbook\[1\].pdf](http://www.carlisle.army.mil/usawc/dclm/family/FRG_Handbook[1].pdf)

Family Readiness Group Leaders Handbook - The Family Readiness Group Handbook is essential reading for all soldiers who have families. (Statement Source: MyArmyLifeToo.com)

#### Army Leaders' Desk Reference

[http://www.carlisle.army.mil/usawc/dclm/family/Leaders\\_Reference.pdf](http://www.carlisle.army.mil/usawc/dclm/family/Leaders_Reference.pdf)

The Army Leaders' Desk Reference for Soldier/Family Readiness is designed for commanders and leaders to understand and address family readiness (Source: MyArmyLifeToo.com).

### *Training*

#### Introduction and Table of Contents

<http://www.carlisle.army.mil/usawc/dclm/family/fac1int.doc>

Operation Ready - Introduction and Table of contents by Texas Cooperative Extension, The Texas A&M University System in cooperation with The United States Army Community and Family Support Center (Source: MyArmyLifeToo.com).

#### Family Assistance Center Overview

<http://www.carlisle.army.mil/usawc/dclm/family/fac2lp.doc>

Operation Ready - Lesson 1, Introduction of the family assistance center, by Texas Cooperative Extension, The Texas A&M University System in cooperation with The United States Army Community and Family Support Center (Source: MyArmyLifeToo.com).

#### PowerPoint Notes

<http://www.carlisle.army.mil/usawc/dclm/family/fac3ppt.doc>

A Resource guide to community assistance (Source: MyArmyLifeToo.com).

#### Handouts and FACEX Scenarios

<http://www.carlisle.army.mil/usawc/dclm/family/fac4ho.doc>

(Source: MyArmyLifeToo.com).

#### Video Scripts

<http://www.carlisle.army.mil/usawc/dclm/family/fac5vid.doc>

(Source: MyArmyLifeToo.com).

#### Bibliography and Websites

<http://www.carlisle.army.mil/usawc/dclm/family/fac6bib.doc>

(Source: MyArmyLifeToo.com).

#### Reunion

<http://www.carlisle.army.mil/usawc/dclm/family/Reunion.doc>

Reunion is a time of celebration and change. It is important to remember that the children have grown emotionally and physically (Source: MyArmyLifeToo.com).

#### Children's Handouts

[http://www.carlisle.army.mil/usawc/dclm/family/Children's\\_Handouts.doc](http://www.carlisle.army.mil/usawc/dclm/family/Children's_Handouts.doc)

(Source: MyArmyLifeToo.com).

# US Army War College Military Family Program

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### [Preschool Activity Book](#)

[http://www.carlisle.army.mil/usawc/dclm/family/family/Activity Preschool Hi.pdf](http://www.carlisle.army.mil/usawc/dclm/family/family/Activity%20Preschool%20Hi.pdf)  
(Source: MyArmyLifeToo.com).

## General Deployment Information

### [USAA Deployment Information](#)

<http://www.usaaedfoundation.org/family/pd01.asp>

This web site contains Information from the USAA Education Foundation on deployment planning and preparing for deployment. The site contains several checklist dealing with deployment.

### [Deployment Survival Handbook](#)

[http://www.carlisle.army.mil/usawc/dclm/Soldier Family Dep Survival Hndbk.pdf](http://www.carlisle.army.mil/usawc/dclm/Soldier%20Family%20Dep%20Survival%20Hndbk.pdf)

Commanders of deploying units discovered that while their units were highly trained to fight, little if anything was done to train and prepare families to better cope with the stresses and unique problems that often arise during extended and oftentimes unexpected deployment of their spouses. (Statement Source: Deployment Survival Handbook).

### [Deployment Connections](#)

<http://www.deploymentconnections.org>

The Deployment Connections application focus is on the delivery of Deployment related information and services to Active and Reserve personnel, and their family members. (Statement Source: Deployment Connections.org).

### [Deployment Health and Family Readiness](#)

<http://deploymenthealthlibrary.fhp.osd.mil/home.jsp>

This library provides service members, families and healthcare providers an easy way to quickly find deployment health and family readiness information.

### [Dealing With Emotions](#)

<http://deploymenthealthlibrary.fhp.osd.mil/products.jsp?topicid=80>

This web site provides articles on how to deal with the emotions of deployment and return from deployment.

### [DeploymentLINK](#)

<http://deploymentlink.osd.mil/>

Mission: To advise the Under Secretary of Defense (Personnel and Readiness) on force health issues, we will: foster actions to protect the health of all those involved in deployments, assess deployments to understand and communicate information concerning non-traditional threats to health, and facilitate change to enhance the health of and support for the deploying forces.

## Dealing with Deployment

### [Building Family Rituals While Deployed](#)

[http://www.carlisle.army.mil/usawc/dclm/building family rituals.pdf](http://www.carlisle.army.mil/usawc/dclm/building%20family%20rituals.pdf)

Family life changes during a deployment. Following treasured rituals and creating new ones can help your family feel close to you throughout your separation. Rituals ground families and give

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members a sense of security and belonging. They remind families that they are still a family, even when they are apart. (Statement Source: military one source.com).

### [Child Care Backup Planning](#)

**[http://www.carlisle.army.mil/usawc/dclm/child care backup planning.pdf](http://www.carlisle.army.mil/usawc/dclm/child%20care%20backup%20planning.pdf)**

As the sole parent in charge, there are steps you can take to make everyday life at home go more smoothly during your spouse's deployment. But what if something happens to you while your partner is away? (Statement Source: military one source.com).

### [Coping with a Deployment Extension](#)

**[http://www.carlisle.army.mil/usawc/dclm/Coping with a Deployment Extension.pdf](http://www.carlisle.army.mil/usawc/dclm/Coping%20with%20a%20Deployment%20Extension.pdf)**

A deployment extension is difficult for service members and their families. You've been anxiously looking forward to your loved one's return home only to find that your reunion plans must suddenly be put on hold. (Statement Source: military one source.com)

### [Coping with Compassion Fatigue](#)

**[http://www.carlisle.army.mil/usawc/dclm/Coping with Compassion Fatigue.pdf](http://www.carlisle.army.mil/usawc/dclm/Coping%20with%20Compassion%20Fatigue.pdf)**

Helping others who have undergone a trauma from a natural disaster, accident, or sudden act of violence, can be highly satisfying work. But helping trauma victims can take a toll on even the most seasoned mental health professional (Statement Source: military one source.com).

### [Coping with Post-Traumatic Stress](#)

**[http://www.carlisle.army.mil/usawc/dclm/Coping with Post-Traumatic Stress.pdf](http://www.carlisle.army.mil/usawc/dclm/Coping%20with%20Post-Traumatic%20Stress.pdf)**

A traumatic event -- such as a natural disaster or another kind of violent experience -- can trigger intense emotional reactions. Both victims and people who provide aid and relief can be affected (Statement Source: military one source.com).

### [How Families are Learning To Cope With Repeat Deployment](#)

**[http://www.ameriforce.net/PDF/dg2006/DEP06\\_08-13.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_08-13.pdf)**

It's important for families to find ways to keep in touch with their soldiers while they are away from home.

### [A Leg Up](#) (Readiness Groups)

**[http://www.ameriforce.net/PDF/dg2006/DEP06\\_018-021.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_018-021.pdf)**

Military Readiness Groups bridge the gap during deployment.

### [Don't Leave Without It](#) (Life Insurance)

**[http://www.ameriforce.net/PDF/dg2006/DEP06\\_022.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_022.pdf)**

This document discusses important questions about life Insurance.

## Preparing For Deployment

### [Military.com Deployment Center](#)

**<http://www.military.com/deployment>**

Information from Military.com on what you need to know before you deploy.

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### [Pre-Deployment Checklist](#)

**[http://www.ameriforce.net/PDF/dg2006/DEP06\\_024-26.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_024-26.pdf)**

Once your spouse has deployed, it's too late to get his or her signature on a will or have a power of attorney drawn up. Preparedness is the key to surviving a lengthy deployment. (Statement Source: Ameriforce.net)

### [Why it's Smart to Buy a Car on Deployment](#)

**[http://www.ameriforce.net/PDF/dg2006/DEP06\\_014-016.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_014-016.pdf)**

When you're deployed overseas, buying a car may be the last thing you want to think about. With the rigors of the workday, compounded by homesickness and the need to adapt to a foreign environment, a major purchase is probably the furthest thing from your mind.

### [Balancing Work and Life](#)

**<http://www.carlisle.army.mil/usawc/dclm/balancing.pdf>**

Help with the challenges dual military couples face. (Source: military one source.com).

### [Choosing a Caregiver While Deployed](#)

**[http://www.carlisle.army.mil/usawc/dclm/choosing\\_caregivers.pdf](http://www.carlisle.army.mil/usawc/dclm/choosing_caregivers.pdf)**

What to think about when choosing a caregiver for your child while you are deployed (Source: military one source.com).

### [Preparing a Family Care Plan](#)

**[http://www.carlisle.army.mil/usawc/dclm/family\\_care\\_plan.pdf](http://www.carlisle.army.mil/usawc/dclm/family_care_plan.pdf)**

Explains the Family Care Plan, why it is important, what it covers, and where to start (Source: military one source.com).

### [In Love and Deployed](#)

**[http://www.carlisle.army.mil/usawc/dclm/love\\_and\\_deployed.pdf](http://www.carlisle.army.mil/usawc/dclm/love_and_deployed.pdf)**

What to think about before deciding to get married (Source: military one source.com).

### [Books and Resources for Children](#)

**[http://www.carlisle.army.mil/usawc/dclm/books\\_for\\_children](http://www.carlisle.army.mil/usawc/dclm/books_for_children)**

Listings of books that help children understand deployment (Source: military one source.com).

### <http://www.silentwarriors.net/deployment.html>

**<http://www.silentwarriors.net/deployment.html>**

Information on getting ready for deployment, stress management and safety

## Returning From Deployment

### [Adjusting After Disaster Relief Work](#)

**[http://www.carlisle.army.mil/usawc/dclm/adjusting\\_after\\_return.pdf](http://www.carlisle.army.mil/usawc/dclm/adjusting_after_return.pdf)**

Ways to reduce the stress of returning to everyday life after helping with a disaster, catastrophe, or emergency (Source: military one source.com).

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### [Coping with Post-Traumatic Stress](#)

**<http://www.carlisle.army.mil/usawc/dclm/Post-Traumatic Stress>**

The signs and symptoms of post-traumatic stress and ways to cope and find help (Source: military one source.com).

### [Dealing with Combat and Operational Stress](#)

**<http://www.carlisle.army.mil/usawc/dclm/combat stress.pdf>**

A combat stress reaction needs to be recognized, understood, and treated promptly (Source: military one source.com).

## Preparing Children: Resources

### [The KIDS Web Site](#)

**[http://deploymentlink.osd.mil/kidslink/grade\\_select.htm](http://deploymentlink.osd.mil/kidslink/grade_select.htm)**

The K.I.D.S. web site! You can find all kinds of information to use when you or your parents move around the world.

### [Military Parent Support Information](#)

**<http://childparenting.about.com/cs/parentsupport/a/militaryparent2.htm>**

Coping with a spouse's deployment is the military parent's most difficult task. Find parent support and information for the challenges associated with deployment. (Statement Source: About.com)

### [General Information About Deployment](#)

**[http://cyfernet.ces.ncsu.edu/cyfres/browse\\_3.php](http://cyfernet.ces.ncsu.edu/cyfres/browse_3.php)**

This web site provides general information about family and kids during deployment (from Cyfernet.com). Just enter "deployment" in the search option.

### [YOUNIVERSITY MALL](#)

**<http://www.guardfamilyyouth.org>**

A National Guard child and youth program that helps children understand separation and deployment.

### [Children and Deployment](#)

**[http://www.ameriforce.net/PDF/dg2006/DEP06\\_030.pdf](http://www.ameriforce.net/PDF/dg2006/DEP06_030.pdf)**

Parents can help children adjust to a new home by listening to their feelings and fears.